

Beauty Hints

By Margaret Hubbard Ayer

For Gray Hair.

LEAVE me a remedy for gray hair. How often should it be applied? Should it be confined to the roots of the hair only? Will the use of my having used another tonic for several months (without the desired results) interfere with the action of the remedy you prescribe? C. M.

Sugar of lead, 1/2 ounce; sulphur, 1/2 ounce; essence of bergamot, 1/2 ounce; alcohol, 1/2 gill; glycerine, 2 ounces; tincture of cantharides, 1/2 ounce; ammonia, 1/2 ounce. Mix all in a pint of soft water and apply to the roots of the hair, which must be perfectly clean. I would not advise this with the tonic you refer to. If the tonic is very necessary use it until it has done its work; then the time, if you desire it, as given above. Apply until you have the color you wish.

To Darken the Hair.

CAN you tell me something simple and harmless to make the hair darker and to strengthen the scalp? Is ordinary vaseline good for this purpose?

My advice would be first to strengthen the scalp and in due time employ a darkener. The following is excellent for the scalp: Aromatic vinegar, 4 drams; glycerine, 2 drams; tincture of nux vomica, 2-4 drams; tincture of cantharides, 2 drams; rose water, 6 drams. Use every night, rubbing it well into the scalp with a small sponge.

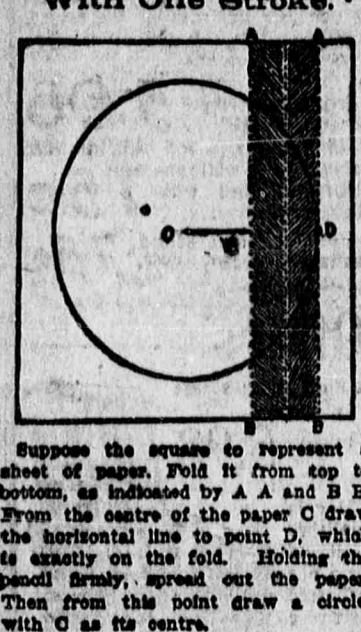
To Reduce Thick Lips.

A. L.—To reduce thick lips, try the strengthening pomade I give you. It is helpful and should be used with a fixed purpose, not to bite or fold the lips under when reading or thinking. Melt an ounce of any of the cold creams, add one gram each of pulverized tannin and alkanet chips; let macerate for five hours, then strain through cheesecloth. Apply to the lips when necessary.

Cure for Freckles.

R.—Here is the cure for freckles you ask for: Bichloride of mercury in coarse powder, 8 grains; witch-hazel, 3 ounces; rose water, 3 ounces. Agitate until a solution is obtained. Moop over the affected parts. Keep the remedy out of the way of ignorant persons and children.

With One Stroke.



Siberia; or, The Vengeance of the Gzar.

(Copyright, 1905, by the Press Publishing Co., New York World.)

(Adapted from Bartley Campbell's play, "Siberia," produced at the Academy of Music by William A. Brady and Joseph H. Granger.)

SYNOPSIS OF PROLOGUE CHAPTERS.
Nikolai Naloff, a young nihilist, is engaged to Sara Jarosoff, the Christian daughter of a Hebrew innkeeper in Kishineff. Sara's father, who is charged by Ivan Jarosoff, Governor of Kishineff, plans to kidnap Marie and is aided in the plot by his secretary, Michael Sparta.

Sparta incites the nihilists to attack the Hebrew quarter. A terrible massacre ensues, during which Sparta carries Marie off. Her father is murdered by the mob.

CHAPTER III.

Madness!

Sparta stood in the Hall of State of Jarosoff's gubernatorial palace near Kishineff on the morning following the massacre. Before him towered a woman in the costume of a Russian waiting-maid.

All the servants of Jarosoff's household feared and hated this secretary, who had gained an inexplicable influence over their master. They dreaded his keen questions and his harsh manner. His questions were today more searching than usual, and Drovna, the waiting-maid, shrank before him.

"How is the young girl I brought here last night?" asked Sparta abruptly.

"Oh, the poor girl!" exclaimed Drovna; "she is quite out of her wits. Her mind seems gone and she talks all the time about brides and bridal roses, and"

"Needles and pins, needles and pins. When a man and a blue married. His trouble begins."

Unless he first solves the problem of quickly finding a suitable, well-located and quietly private

FURNISHED ROOM HOUSE or APARTMENT

You can avoid the "NEEDLES AND PINS" of married life by turning to the WORLD'S LIT. BULLETIN.

It will save you many weary hours of looking for a place to go when you want to move.

The Third Degree.

By Alice Rehe.

"I've just been talking to such an interesting woman, so cultured and well posted, and so sensible," said the Amateur Philosopher, rapturously.

"She must have been telling you how clever you are," said the Feminist, cynically.

"What do you mean?" queried the Amateur Philosopher, naively.

"Oh, nothing particular," smiled the Feminist, attentively. "Only when I hear one of those wild ravings about women's superior intellectual and mental endowments I know just about what the answer is."

"Women are smooth, all right, and they know how to fool you guileless men. It doesn't take any great amount of intellect to do that, either," continued the Feminist.

"Why, what do you mean?" demanded the Philosopher.

"Well, you ought to know if you have been listening to a female bouquet-thrasher for the last hour."

"Women are crafty, all right, all right, and they know that the way to make an impression on a man is to make him think he is the original human thought and the cleverest thing on earth."

"They are wise enough to realize that if they want to make a real strong hit with a man who caters to the intellectual and the higher life they'll have to hide how really little they know themselves."

"How do they do it? Why they commence to flatter their victim till he is hypnotized into thinking that he is the grandest mental giant that ever condescended to throw out think waves."

"But you don't mean that you can flatter men?" asked the Philosopher.

"Sure, women can," returned the Feminist. "Just as a woman is credulous to any compliment that is heaped on to her beauty, so are men susceptible to adulation. Some men can be won by being doped with the intellectual. Some men will sit up and listen to a rave about their physical perfection, but just so long as their superiority is the issue they can be strung along all right."

"I've seen women who hadn't gone past the fourth reader sit up and make an intellectual snarl think they are the real thing in the culture cult, just because they are smooth enough to diplomatically defer all questions to his superior intellect. On the other hand, if a woman sets out to win an intellectual pigmy, she can have him in three minutes by simply giving him the great mental con."

"I don't believe all this," said the Amateur Philosopher.

"Well, you ought to," said the Feminist. "You've just had the third degree."

"But you'll have to admit one thing, then," said the Philosopher, "and that is that women are clever."

"Oh, I don't know," returned the Feminist. "I don't think the lady was working overtime who played the game on you, was she?"

EARTHQUAKE ENERGY.

A Budapest scientist has made a calculation of the energy expended by earthquakes. He finds that an amount of work equal to the raising of the mass of the earth through a little less than one-fiftieth of an inch was done by each of the 300 world-shaking earthquakes registered during the eight years from 1885 to 1920. The work done spasmodically by these earthquakes represents 75,000,000 horse-power working continually night and day.

The Short Girl Can Grow Tall

Stretching Exercises Which Will Add to Anybody's Stature.



THE SWIMMING MOTION.

ALTHOUGH the Book of Books declares that man cannot be taking thought add a cubit to his stature, there is no such embargo upon woman's doing so—provided, of course, that she knows just how to do it. Anything and everything is possible to her who knows how, and in these latter days, when girls are so much more sensibly and hygienically brought up than were their mothers before them, there is no reason whatever why any girl, if she only takes the matter into consideration in time, cannot be just about as tall as she desires to be.

As a preliminary to the exercising set forth on this page to help the girl in her "upward" way, it is suggested that she pay great attention to breathing. Feed the lungs, and through them the blood and the entire body, liberally with pure fresh air. Without any constraining clothing stand upon a mat in the morning in front of the open window and take deep and long breaths. Breathe from the abdomen rather than from the chest; and having inhaled to the full capacity hold the breath for a moment or two, and then exhale slowly, being careful to empty the lungs thoroughly with each emission of the breath.

The lightest and looest of clothing must always accompany these exercises. Over the nightgown or pajamas a loose bath robe can be thrown, so as to be convenient to have a special gymnasium suit. Or a union woollen suit of underclothing will perhaps be found better than almost anything else.

Now as to the proper foods. All of the starchy foods will be found good—bread, potatoes, cereals in abundance and especially rice and oatmeal—the imported Irish or Scotch oatmeal is particularly recommended by some physicians. Vegetables of all kinds in abundance, some cheese and the omission of pastry, heavy cakes and the like.

So just after rising in the morning to the best time for the stretching exercises. When the breathing exercises are being gone through with, it is a good time for the stretching to begin, since the body naturally stretches and swells in the act of breathing.

Stand with the body poised upon the ball of each foot so that the body swings in a natural and easy position. Then, taking an inbreath, stretch one arm as far up and out as you can reach, holding the knees and ankles rigid the while.

Repeat with each arm alternately until you have done it at least twenty times with each. A good plan is to hang a photograph or some such thing at convenient height and watch how much further you can stretch with each mark, marking the limit of touch every few days.

Now to stretch the lower limbs. Lie flat on the floor and lift each leg as far upward straight in the air as possible, keeping the knee as straight as possible, alternating. Next describe a complete circle with each foot high in the air. Then, having inhaled, stand on a stool or a chair, and standing with one foot resting upon the chair make the swimming motions with the arms. As the reach of the limb increases, add a book or any other convenient thing to

raise the height of the stool, always keeping in mind that the desire is to stretch, and to do it gently.

Another good stretching exercise is to stand at a given point, a chalk line drawn on the floor or some other spot in the pattern of the rug or carpet will do, and see just how high you can reach with the tip of the toes on the wall. This must be done carefully and without any jerkiness. Elevate the foot slowly until the full stretch is reached, and then just as slowly resume the standing position.

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When She Is "60 Plus"

Is "60 Plus"

THE new woman of fifty is now a fixed feature of city life. She is welcomed, moreover, she wears the same style of hats that her daughters do and her interests are correspondingly youthful.

There may have been a certain tenderness in the former woman of fifty in her lace and violet bonnet which is lacking in her successor with her Napoleon bonnet turned back defiantly from her brow. But as a change from conditions that existed formerly the new woman of fifty adds much to the beauty of out-of-door life, even if she may not bring the same grace and gentleness as her predecessor to her own friends, any the Inter Ocean.

One has seen this new woman during the holiday season wandering through the shops with her daughter of twenty or less, the two dressed with so little difference in detail that they might as well be sisters. The debutante of eighteen by the side of her mother of thirty-eight seems very much like her. When twelve years more have made that grandmother there will still be little difference between them in looks.

"Now that we have accepted the new woman of fifty," said an amateur sociologist, "we have to accept also the newer woman in the next stage of her development. She is well, the woman over fifty. Say the age has reached the sixties or passed beyond them. Is she an agreeable substitute for her predecessor?"

"How many white-haired, unamiable-looking women are now around, covered with feathers and furbelows and wearing clothes that are much too young for them! I see them lighting their way into theatres, blowing themselves through the crowds in the shops, and calling harshly in rasping voices to girls in the stores. Are these women the results of the new woman of fifty?"

This article's views may be extreme, but it is a fact that elderly women are a public much more than they used to be. Nothing seems to daunt them now.

They jump in and out of crowded trolley cars with a pretense of youthful alacrity, and they spar with girls at the opera. The new woman of sixty plus, she may be poor and yet affect the same jauntyness that the dressmakers try to provide for their customers who are over sixty years young.

"It may be an improvement to have old women looking so much younger," the sociologist continued. "But I have observed that they try to substitute for certain recognized charms of age what poorly replace the personal graces of tenderness and contentment—where are they in the new woman of more than sixty?"

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